



Run • RaceWalk • Ride • Row • Roll

Races Start @ 9 AM

8th Annual

Challenge Depression

Indoor Track Races
@ Bethel University
Doors Open @ 8 AM

Taking Strong Steps to
Defeat Depression



SANCTIONED EVENT

Events: 1500m - 60m - 5000m - 200m - 800m - 1500m Judged RaceWalk - 400m

More Info, Online Entry, Event Records/Photos Available at www.CharitiesChallenge.org

Pre-registered Entry Fee: \$22 adult/\$20 Student* or \$30 race day. Runners may learn about race walking by cheering on the walkers. Race Walkers, may discover running as cross training by joining the runs.

Save \$25 by "Taking on All Challenges" of CC Winter Track Series of 5 Indoor Events for \$85

Results & Recognition by USATF youth, open, masters (ages 35-90+) divisions. Fully Automated Timing (F.A.T)

CC Indoor Race Series: This is #1 in a series of 5 wintertime indoor "Challenge" athletic events held on Bethel U's Sports & Recreation Center's Indoor 200 Meter Track to keep up your training and show off your increasing speed.

#2 Challenge Courage – Mile, 60m, 5000m, 200m, 800m, Mile Race Walk, 400m - Dec 16

#3 New Year Resolution Challenge – Mile, 60m, 5000m, 200m, 800m, Mile Race Walk, 400m - Jan 6

#4 Challenge Isolation – 1500m, 60m, 3000m, 200m, 800m, 3000m Race Walk, 400m - Feb 3

#5 Challenge Hearts – Mile, 60m, 5000m, 200m, 800m, 3000m Race Walk, 400m - Feb 17

Challenge Depression with RxExercise. RxExercise is effective in improving mild-to-moderate depression challenges! Consult a physician for medical advice regarding depression, including when you choose to add/increase exercise, and especially if you choose to eliminate exercise from your life. Learn more @ www.CharitiesChallenge.org

Net event proceeds benefit Charities Challenge, a 501(c)(3) non-profit organization, RxExercise Programs/Events

Return this Registration to: Charities Challenge, 1516 Sunny Way Court, Anoka, MN 55303

Challenge Depression 2012 Entry Fee: \$22/\$20 Students under age 19 One fee Covers All the day's Events \$ _____

Special reduced rate for 2012-13 "Taking on All (5) Challenges" Indoor Track Events Entry Fee: \$85 _____

Thank you for any tax-deductible donation supporting CC's RxExercise Events/Programs/Services: _____

ID*d*Student Discount - School Name _____ TOTAL ENCLOSED: \$ _____

Selected Events: 1500m ___ 60m ___ 5000m ___ 200 m ___ 800 m ___ 1500m RaceWalk ___ 400m ___

Name _____ Sex ___ Age ___ Birthday ___/___/___

Address _____ Phone(s) _____/_____

City/State/Zip _____ E-Mail _____

Optional Registration Questions: Yes! This is My 1st-ever Track or Road Race Event!

YES, I'm Happy to Report that I've Improved My Depression Management with My RxExercise!

I want info @ CC Rx Exercise Training Programs & Events in the Twin Cities so I can stay active all year long.

I want info @ CC Programs like CC Travel-Team-Expenses-Paid "Ambassadorships" to inspiring destinations.

At my own risk I knowingly do hereby apply to enter an athletic contest. I hereby agree that I release and discharge Charities Challenge, Bethel University and the City of Arden Hills or any agent of any of these organizations or their successors from all claims, demands, injuries, damages, actions or causes of action and from all acts of active or passive negligence on the part of such organizations or corporations or their agents. The undersigned also grants full permission to the race and any organization conducting the race and or agents authorized by them to use any photographs, videotapes, or any other record of this event for any purpose.

Signature _____ Co-sign _____ Date _____ (< age 18, guardian sign)